

Prosciutto e Melone



Makes 16, 70cals each

1/2 Rockmelon

100g Prosciutto

Cut rockmelon in half, and scoop out small balls with a melon baller or rounded measuring spoon.

Cut prosciutto into 1/2-inch strips, approximately 4 inches long.

Weave prosciutto ribbon through a stack of 2 melon balls, and skewer with a toothpick.

Serve.

Notes

Choosing a perfectly ripe melon is easy. To start, smell the cantaloupe. It should have a sweet scent, and smell just like the inner fruit of the melon. If the skin has an orange tint to it, it is ripe. If it appears green underneath, it may not be ripe yet. A soft melon is overripe and should not be selected.